

Sound Soother Sound Bath



2nd Wednesday of the month

Soothe your soul with the relaxing resonance of crystal bowls and the power of gongs!
Ground in our standing singing bowl!

Come with mats & any comfort items needed, like blankets, and/or pillows to be able to relax & release.

Chairs available.

Register using QR code at left or email or text with questions can pay cash, Apple Pay on arrival

(Dates vary; check schedule when registering)

A sound bath is an immersive, full body, listening experience that uses sound to create therapeutic and restorative relaxation to soothe the soul, body and mind. The resonant vibration of the sound instruments reduce stress, leaving you feeling refreshed and rejuvenated.

